

**CHAPTER –VII****CORRELATES OF GOOD ADJUSTMENT IN OLD AGE**

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'Adjustment' in common parlance refers to make something/somebody suited to new conditions. "The term used for a relatively harmonious relationship within and between individuals and groups. This term is psychological rather than sociological and is used by some social psychologists to refer to the process whereby an individual enters into a harmonious or healthy relationship with his environment, physical or social, but occasionally used by some sociologists to refer to a social unit, like a group or organization, accomplishing the same end. The difficulty posed by most discussions, where the term has been used in coping with the value implication of what has been harmonious or healthy, but sometimes in the literature this problem has been blandly ignored" (*Bhushan, 2003; 7*).

The concept of 'adjustment' in gerontology has been used in the context of welfare programmes for the social problem cases among aged people and it means harmonious living in old age (*Mishra S, 1976; 116*). Information regarding the factors correlated with good adjustment in old age is necessary to provide social help to the maladjusted people.

Many Gerontological studies have used present life happiness as the index of adjustment and reported that factors like good health, freedom from liabilities, pleasant social and emotional relations with friends and family members, hobbies, work-like activities, and independent living at home are positively associated with good adjustment. Streib and Thompson (*1968; 197*) have found health condition, financial condition, and pre-retirement positive attitudes towards retirement as the correlates of good adjustment after retirement. The term 'adjustment' in the present study also refers to the harmonious

living in old age. It has been operationally defining as the state of satisfaction of present life.

In this chapter, an attempt is made to find out the correlates of good adjustment from the respondents' perspectives. Case studies had been conducted of the elderly who considered to be well adjusted and maintain a happy life at the age of 60+. A total of 30 numbers of cases are presented here. Case studies are divided into three categories.

- (i) Ten numbers of case studies had been conducted on the elderly who were able to maintain physical and mental health at the age of 60+ in spite of poor economic conditions.
- (ii) Case studies had been conducted on another ten respondents who were able to maintain good economic adjustment in spite of lower-income.
- (iii) Ten numbers case studies had also been conducted on the aged (10 nos.) who were able to maintain a mutual relationship with their family members and have very satisfactory life at their old age

With the help of these case studies an attempt has been made in this chapter to interpret the correlates of good adjustment from the respondents' perspective.

### **7.1: Case Studies Relating to Physical and Mental Health Status of the Elderly:**

Generally, old people are assumed to be unhappy because they have health problems and mental dissatisfaction due to poor health, economy, and family tensions. All these lead to adjustment problems. But the interviews with some of the elderly showed that in spite of their poor economic condition, they were able to maintain physical and mental health.

#### **7.1.A: Case Studies from the Rural Setting:**

**Case Study (1):** Mrs. A is a 75 years old lady and belongs to a backward class Hindu family, case a used to live nearby Furkating railway station with her father and her elder sister. After marriage, Mrs. A settled with her husband at Dapathar goan in Golaghat district. Mrs. A told me -

*“Mur manuh jane kheti kore, amar chari (4) bigha mati ase,tare 3 bigha ami dhan kheti koru aru ek bighat kuhia ruisilu tar pora ami gur peru,amar cholibo hoi jai”. (“My husband is a farmer, we have 4 acre of farmland, we grow rice in the 3 acres of land and sugar cane on the one-acre with which we can produce Jaggery and sell it and it is sufficient to run our house”.)*

Mrs. A didn't have any children in their three years of marriage, after three years Mrs. A had a daughter and after the first daughter, she had another four daughters at the interval of every two years a total of five daughters. The elder of their daughter got married at the age of 17 years and after one year of his daughter's marriage, Mrs. A's husband's health started to deteriorate. Mrs. A told

*“Mur manuh jone gharor hokolu khoros pati uthaisil tekhetor bemar huar pora ghor khan sua manuh naikia hol,ghoror kheti mati mur dui no suwali jonie suasita korisile,gharor obasta lahe lahe beya hol,Doctor uorat manuh jonak loi jaboloiu hatot poisa naikia hoisile,manuh jonar aei abosta sokure sai thakibou nuwari ,heibabe drop-pati kinibo doctor fees diboloi ghoror pifalor 1 bigha mati jot kuhia ruisilu bondhokot dibo loga hol,ji getoka poisa paisilu dorop pati kini Doctoror fees diboloi jurile he, iman toka poisa khoros koriu tekhetok bosabo nuwarilu”. (“My husband use to manage all the household expenditure, and after his health started to deteriorate there was no one to look after the household expenditure. My second eldest child started to look after the paddy field and sugarcane. The condition of our family started to degrade slowly and slowly. We didn't even have money to pay for the doctor, I could not just stay and watch my husband in this condition, so to take him to the doctor and for his medical treatment I*

*kept 1 acre of my sugarcane land in the mortgage, and the amount after selling the land somehow was sufficient for the doctor and his treatment yet we couldn't save his life".)*

Mrs. A after his husband's death faced many financial hurdles, there was no one to look after them, the youngest of all the daughter was just 5 years old. Mrs. A gives their 3-acre land at least for farming to others from which they used to get 50% of the share and from their own share they used to sell half of the rice and the other half they kept for themselves. The condition of our house was so bad that I couldn't ever educate my daughters, even nor able to provide them good clothes. Mrs. A told me his 3<sup>rd</sup> and 4<sup>th</sup> daughter sometimes used to work in other rice paddy fields to earn some money. Mrs. A's husband died in the year 1990 and she said till the year 2000 her condition was very poor. Mrs. A and his family went through a lot of hardships but after in the year 2000 when her daughters grew up and started to work the case, a told me after that his family condition became stable and her 2<sup>nd</sup> daughter also got married to a good family. Mrs. A's 3<sup>rd</sup> daughter also got married and her daughter and his husband started to stay with Mrs. A as Mrs. A had no male members in her family, his 3<sup>rd</sup> son-in-law started to work in his 3-acre rice field and she told we got all shares after that.

She told me *"After 1 year of my 3<sup>rd</sup> daughter marriage my third son-in-law got back our mortgaged land after repaying the debt"*.

After that, she didn't need to be under anyone else's debt and her house started running in a normal condition. Mrs. A youngest the 5<sup>th</sup> daughter failed in her matric exam and due to that reason she eloped with a guy from the next village and got married. Mrs. a 4th daughter has opened up a small grocery store where she does stitching as well and earns somehow which is sufficient as well to run our house.

Mrs. A told that now I have become old sometimes I can't hear properly, my eyesight has deteriorated, I can't even walk properly and I was diagnosed with tuberculosis in the year 2017, an Asha worker took me to a health center for my checkup

and also gave me a lot of medicine. Now it has been 2 years I am free from any symptoms of tuberculosis, but after suffering from tuberculosis I became very weak, I can't even go to the Namghar, even I need something I need to call for my 3<sup>rd</sup> daughter, but my third daughter takes care of me very well and also my third son-in-law takes care of me very well like my own son.

Mrs. A said that to have her medicines the old age pension provided by the government is sufficient, our household condition is not that good still we have enough to eat and she said I am whatever I have.

**Case Study (2):** Mrs. B is a 76-year-old woman. She has a bookstall in her place. Previously she was engaged in a 3<sup>rd</sup>-grade job in a govt. hospital. She lives with her spouse in the village. She has two sons and one daughter and all of them live in other places. Occasionally, their sons and daughter came to the village house, and the relationship among them is not very satisfactory. In spite of this, Mrs. B is happy with her husband. She had the opinion that after retirement or when a person becomes old he/she must accept the truth of life and try to adjust and prepare himself in such a way that he/she becomes a strong supporter or helping hand for himself and for family, especially for a spouse. She believed that in old age to be physically and mentally strong the habits such as walking, physical exercise, healthy eating habits avoidance of bad habits such as drinking alcohol, etc. that one had developed in his earlier life make oneself fit and strong in old age. For her, mental happiness is another reason to remain happy and to maintain good physical health at old age.

**Case Study (3):** Mrs. S, 75 years old, was widowed at the age of 50. She was a peon in a village post office. She has three sons and all of them live in other places. Her husband was a 3<sup>rd</sup>-grade govt. serviceman. She managed her necessities of life through her husband's pension and from her small grocery shop. Though her sons have service and business, she does not take any financial help from them as their financial condition

is not too good. She is also a member of the Self-Help Group. She is now spending a busy life schedule by involving herself as a member of that SHG and performing other welfare works with the ladies of her village. She has the opinion that in old age a woman faces many problems related to health. To overcome health problems, it is better to make oneself busy and doing light physical exercise. She has stated that engagement in different activities provides mental satisfaction and it is necessary to have a good adjustment in old age. To have mental peace one should have faith in almighty god and should perform '*namakirtana*' daily, she said.

**Case Study (4)** Mrs. N is a 76 years old woman and lives with her husband and other family members in a village. She had a 4<sup>th</sup>-grade service in a government department. She gets pensions, but the amount is not sufficient to maintain their life. She has a problem with blood pressure. Her husband has a small grocery shop. She has one son and one daughter. She lives with her husband and married son and his family. She said that though their economic condition is not too good, they all together somehow able to manage their necessities of life. She performs daily household works and goes for a walk with her grandchildren and husband in the morning. She was of the opinion that daily household work, morning walk help her to be remaining physically strong to some extent. Again when she gets leisure time, she used to talk and play with her grandchild and this gives her mental satisfaction. It also helps her to remain free from all the tensions. She was of the opinion that performing '*namakirtana*' daily or worship to God also helps us to remain free from tensions.

**Case Study (5):** Mrs. C, is 77 years old and unmarried woman. She has a small grocery shop. She had four brothers but due to some personal conflict, she lives alone in her village house. She used to keep herself busy with his small grocery shop and other household works. When she gets time especially in the evening, she goes out for an evening walk with her old friends and gossip with them. She had the view that mentally

she is not very happy. She sometimes feels lonely. And when she feels lonely, she shared her feelings with her old friends. She said that in old age, one's problem can be shared only with friends. Friends have a better understanding of one's than any other else. One's spouse may play a crucial role in old age adjustment. She said that her habit of walking, doing household works, avoidance of talking alcohol, etc. helped him to maintain physical health. Comparing to her fellow friends at the age of 77, she is still physically and mentally strong, she said.

**Case Study (6):** Mrs. T, a 78 years old woman lives with her husband alone in their own house. She is also a member of a voluntary organization. Earlier, she worked as a clerk in a private school. She managed their necessities of life through the income of the rented houses. She has no children. She said that sometimes, they feel the need of children. But when they observed the condition of other aged people neglected by their own children, then they think of themselves as happy and better not having such type of children. She stated that old age is not a curse but a boon of God. If we adjust ourselves to the changing situation, if we follow some regular routine work from an earlier phase of life and continue those, it will help oneself to have a good life in old age. For her, regular routine work, proper dietary, etc. are necessary to be remaining mentally fit and fine. She said that one who is mentally strong; she will also remain physically fit. Her membership in the voluntary organization also helps him to gain status in the society that helps him to gain mental satisfaction.

**Case Study (7):** Mrs. D is 76 years old woman. Her husband died at the age of 55. She lives in a joint family. He was a compounder in a govt. hospital. So, she gets a little amount as a pension. As she lives in a joint family, Mrs. D and other family members help each other to maintain and managed the household expenditure. She was of the view that in every family tension, conflicts between family members are natural, but most important thing is to handle them carefully without harming the relationship amongst the

members. Since, she lives in a joint family, conflict, and tension are there. But he always tries to manage this. She keeps herself busy in the welfare works of the society, attending meetings, etc. She also likes to have a kitchen garden. She was of the view that the vegetables produced in the kitchen garden help them to maintain good health as there is no spray of chemicals in it. Good eating habits always help to maintain good physical health, she said.

**Case Study (8):** Mr. R is an 80 years old woman. She is a very jolly person though she is old enough. She is physically fit too. She said that the secret of his physical fitness is a good diet and the habit of doing regular yoga and physical work. She lives with her husband and son and her family. She likes to read books and daily newspapers. She was of the view that in old age people must more concerned about their health. Though she earns his living from only a small grocery shop she is mentally and physically fit. She said that we should avoid unnecessary tensions in life.

**Case Study (9):** Mrs. Y (71 years old woman) is an example of such type of person who is mentally strong enough. It is in the sense that her husband died at the age of 62. But she overcomes the problems of life efficiently even after the absence of her husband. She has two sons and both of them are married and busy with their life. She was an LP (Lower primary) school, teacher. After her retirement, she spent all her money on the medical treatment of her husband. Her husband had diabetes and heart problems. After the death of her husband, she found herself very lonely. Not only this, it was just after 3 months later of her husband's death, her own sons thrown him out of her house. This incident made her very depressed. At that time of life, some of her old friends and neighbors gave her moral support. She now lives in a small rented house with two rooms. She has started her life with a new vision. She now earns her living by taking tuition classes for small children and from her pension. She is also a member of a voluntary organization that works for the small child. She has the view that in old age a person



might have to be preparing oneself to face the unexpected happenings of life. Nobody can pretend what will be happening especially at old age. She also said that one should not give up, but should have the capacity to fight against the situation. Though she is mentally dissatisfied, she always tries to remain physically fit through light physical exercise. She now keeps herself busy in such a way that she did not get time to recall those tragic events of her life.

**Case Study (10):** Mrs. F is 79 years old, was widowed 15 years ago. She was a nurse in a govt. hospital. She has three sons and one daughter. All of them were married. She lives in a joint family. At the age of 79, Mrs. F is still living a healthy life. She performs all the household works. She also takes care of her grandchildren. She was of the view that her family is a joint one that helps her to avoid the feelings of loneliness. Every morning, she goes for a brief walk with her grandchildren. Mrs. F was of the view that if one is not mentally happy then he/she would be not physically fit. According to her, mental satisfaction is the main cause to be physically fit.

### **7.1. B: Findings:**

The above 10 case studies of different aged people reveal the following findings:

- 1) In old age, people generally like to keep themselves busy through different works whether it is household works or other activities. Because it helps them to free from isolation and to be physically fit.
- 2) The elderly peoples like to perform “*namakirtana*’ especially in rural areas as they believed that it gives them mental relief from all tensions to some extent.
- 3) Some of the elderly people are conscious about their physical health. Many of the elderly people have the habit of morning walk. Because they believed that morning walk helps a lot to be physically fit and to have a fresh mind.
- 4) Another important fact revealed from the above case studies is that, in spite of poor economic conditions; the elderly people try to somehow manage their

necessities of life. Their poor economic condition does not hamper much to their physical health as they take it lightly and try to adjust themselves to the situation.

- 5) The above case studies also reveal that to remain physically fit, the elderly people emphasized a good dietary system and good habits.
- 6) It is revealed from the case studies that 'mental strength' proves to be one of the important ingredients to maintain good health status in old age. The elderly were of the view that in old age people must prepare themselves to face the unexpected happenings of life. For them, those who are mentally strong, they remain physically fit in old age.

## **7.2: Case Studies Relating to Economic Adjustment of the Elderly:**

A brief outline of the 10 case studies is given below to show' economic adjustment of the aged. –

**Case Study (1):** Mrs. B is a 65 years old woman. She worked as a cook in a govt. schoolboys' hostel. In her service period, her monthly income was low. After retirement, she gets a pension, but it is not sufficient. She has two sons and one daughter. All of them live separately and the relationship amongst them is not very satisfactory. Mrs. B's husband was working as a cook in a hotel. Mrs. B had the view that though she and her husband earn a low income they somehow try to manage their expenditures. Mrs. B said that one should develop the habit of savings from one's pre-retirement life as it will help to have a good economic adjustment in one's old age. She also said that one should avoid unnecessary expenditures, especially, who get lower income from their job.

**Case Study (2):** Mrs. P is a 64 years old woman. She lives with her husband in a village. Her husband has a small grocery shop. She does not have any children. In her service period, her monthly income was low. As she lives with her husband alone, so they do not have any financial crisis. They somehow manage their economic life. She earns her living

by stitching clothes for others. When she was asked that how did she manage her daily expenditure in spite of lower-income, she told that it is possible because the planning of expenditure, avoidance of unnecessary expenditures, savings in a bank account, etc. helps a lot to have good economic adjustment. However, their ability to maintain their health also helps them to keep away from medical expenditures.

**Case Study (3):** Mrs. M 69 year's old woman who had worked as a 4<sup>th</sup>-grade worker in a private tea company. Her wife's husband died at the age of 50. She lives in a village with her four sons and their family. She has a minor health problem like high blood pressure but it does not hamper her much. In her service period, her monthly salary was sufficient to maintain her large family. She is also a farmer. When her sons got adulthood and involved themselves in some small jobs and petty business, thereby they supported their mother in economic matters. Mrs. M said that though her salary was not sufficient, she had tried her best to educate her sons. She had managed all economic expenditures through her salary and agricultural income through other allied activities before retirement. After retirement, she is also busy doing cultivation and selling vegetables. She had the opinion that she is 69 years now, but she is physically fit to do manual work. She also said that as he lives in a joint family, therefore his sons contribute economically to manage the household expenditure.

**Case Study (4):** Mrs. R is a 64 years old woman and living alone in her village house. Her husband was died due to kidney disease 20 years ago. They have no children. Mrs. R had worked as a gardener (*mali*) in a tea garden company. Whatever she had earned during her service period, she spent all her money on her husband's treatment and purchasing medicine for him. At that time, he had faced some financial problems. But her relatives and the company where she was engaged to help him by providing some financial assistance. Mrs. R after retirement works as a gardener in some of the rich people's houses located in her village and outside the village area for her livelihood. She

has also a small vegetable shop in front of her house. Now, she does not have any financial problems. Whatever she earns is sufficient for her. She was of the view that one should aware and have proper economic planning to face problems that would arise in one's life after retirement. Proper economic planning in the pre-retirement period is necessary to have a good adjustment in old age. Especially, people with low income must be aware of this to avoid the financial crisis at old age. Not only this, after retirement should one engage himself/herself in some income-generating activities if possible to manage the household expenditures and to have a good economic adjustment at old age.

**Case Study (5):** Mrs. C, 63 years widowed woman lives in a joint family with her two married sons. She was an LP (Lower primary) school teacher in her own village. Her sons have good salaried jobs. Mrs. C was of the view that though her sons have a good income, she likes to live independently specially in economic matters. She gets monthly pensions. She also contributes money to household expenditures. She has savings in a bank account. She said that one should be physically and mentally sound to have a good adjustment in the social and economic sphere of life after retirement. She was of the opinion that physical fitness by avoiding some bad habits and habits of light physical exercise helps old people to handle economic problems. It is in the sense that after retirement if the situation arises then the elderly people who are physically fit can engage them in income-generating activities to meet the financial problems. She was also of the view that avoidance of unnecessary expenditures, savings in the bank, and proper financial planning are some of the secrets to have a good economic adjustment in old age.

**Case Study (6):** Mrs. A is a 68 years old woman who lives with her husband in their small house in a village. She was a teacher in a private high school. She has two sons. Both of them are married and live in other places with their families. Mrs. A and her husband earn their livelihood through four rented rooms (built for a commercial purpose). She was of the view that though their monthly income is low, they managed well their daily household expenditures. She also said that their sons are busy in their married life.

They also contribute money if the necessary situation arises. But she does not like to take help from them especially in economic matters. Mrs. A and her husband like to live independently. They had no govt. job or other private services. Therefore, they were ready to face the problems that will arise in old age. Mrs. A said that whatever they earned they always tried to save a little amount in the bank. They have also a LIC policy. Mrs. A was the opinion that savings in a bank account are very necessary to live peacefully and to avoid unnecessary tensions at old age. She also said that "as we do not have any major health problems so it also helps us from expenditures and to have a good economic adjustment at this stage of life age."

**Case Study (7):** Mrs. F is a 70 years old woman. She lives with her 58 years old husband. She has a small private boy's hostel. She earned her livelihood through the income of this hostel. She has one son and one daughter and both of them live outside Assam with their families. Occasionally their son's and daughter's family visit their home. Mrs. F had a third-grade service in a tea garden company. After retirement, she has engaged himself in a voluntary organization. She likes to spend a very busy life. She had the opinion that every individual must have the habit of saving money in the bank from his service period, because, saving is inevitable to live an independent life and to have good adjustment, especially in economic matters in old age. Mrs. F also told that those who earned low income must have proper economic planning.

**Case Study (8):** Mrs. T is a 65 years old woman. She lives with her husband in a small house. She has three girls and all of them were married. Mrs. T was a compounder in a government hospital. During her service period, she gets a very low salary. After her retirement, though she gets a pension, the amount is not sufficient to maintain their life. Her husband has a small grocery shop. Mrs. T was of the opinion that though she gets a very low pension, they managed it very smoothly through her pension and the earnings from the grocery shop. She was of the view that after retirement one should involve

him/her in income-generating activities, and for this, one must have a pre-planning for the income-generating sources before his/ her retirement. She said that proper economic planning is very important for good economic adjustment at old age.

**Case Study (9):** Mrs. D is a 70 years old woman. Her husband died 15 years ago. She has two sons and one daughter. All of them were married. Mrs. D lives with her two married sons and their families. She had a third-grade job in a State Bank. She is also a member of a voluntary organization. She said that after retirement she had faced some financial problems. But she had handled this problem through her savings and involving her in other income-generating activities. She had the opinion that as she lives in a joint family both of her sons help to run the household expenditures equally. Mrs. D also contributes money to their household expenditures. She was of the view that in old age one should be aware of one's physical health. Because this helps the elderly people to avoid economic tensions and to have proper adjustment.

**Case Study (10):** Mrs. V is 65 years old widowed woman. She lives in a joint family with her three married sons. She was a teacher at a high school. Mrs. V after her retirement is now spending a very busy life. She takes tuition classes up to class VIII in her house. She is economically independent. In spite of her lower-income, she also contributes money to their household expenditures. She also helps her grandchildren in their studies. She was of the view that after the death of her husband she became depressed. But, she has made herself busy after her retirement in such a way that it helps her lot to remain free from depression and unnecessary tension. She was of the opinion that after retirement what a retired person would do that should be decided before his /her retirement. Because pre-planning is very much essential to get oneself free from unnecessary tensions in retired life.

### **7.2. A: Findings:**

From the above 10 case studies, the following findings can be drawn —

- 1) The above case studies revealed that aged women liked to engage themselves in income-generating activities to be economically independent.
- 2) In rural areas, most of the aged people performed agricultural and allied activities
- 3) The aged women emphasized savings, cutting down the unnecessary expenditures to have good economic adjustment after retirement or at old age.
- 4) The elderly women believed that proper economic planning will help to have good economic adjustment after retirement or at old age.
- 5) The elderly women also believed that good physical health also helps to have a good economic adjustment in old age. Because it will help to engage oneself in income-generating activities and to avoid the expenditures that will arise due to poor health.

### **7.3: Case Studies Relating to Adjustment in Family in Old Age:**

A brief outline and findings of the good adjustment in the family 'for its reflections'—10 case studies.

**Case Study (1):** Mrs. R is 69 years old. She lives with her husband alone their small house located in a village. She has three sons and one daughter. All of them have married and lives in other places for their services. All of them were well settled and spending a busy life with their families. On occasions like *Bihu*, *Puja*, or winter vacations, they came home to spend sometimes with their parents. Mrs. R was of the opinion that though their children live outside and spending a busy life, they are happy about that, because, it is natural that for one's carrier and for the carrier of the off-springs, they have to live in developing society. And it is the responsibility of the parents to think for the betterment

of the off-springs. Mrs. R was a clerk in a govt. school. She said that 'after retirement, she is spending a busy life with her husband. Their relationship with the sons and daughter are very satisfactory. It is because; they try to understand their problems. She said that in old age people should adjust themselves to the changing situation. They should never follow the dominating or conservative attitude towards the family members, because, in this competitive world one must work hard to gain status in society.

**Case Study (2):** Mrs. V is 71 years old. She was a high school teacher. Her husband is a Homeopathic doctor and he is about 78 years old. She lives in a joint family with her two married sons and brother –in-law's family. After retirement, she is busy doing household works and other minor activities such as gardening, embroidery, etc. Her grandchildren stay in a hostel located in other states for study purposes. She is very happy in her present living condition. Mrs. V was of the view that "after retirement or in old age people should not be mentally depressed. We should always try to adjust ourselves in different phases of life. To live peacefully and to be happy in old age we have to compromise in certain aspects. It is because the world is fast-changing and we should not hold the traditional beliefs and customs rigorously".

**Case Study (3):** Mrs. T was a housewife. She is 67 years old. Her husband died 12 years ago. During the interview, she was busy doing minor agricultural and other allied activities. She lives in a joint family with her three married brothers. She has two sons. Both of them were married and lives in an urban area for their jobs. On some occasions, they came home to spent time with their father and other family members. Mrs. T was of the view that her family members are very simple and cooperative. All of them have a contribution to household expenditures. They all together take food and watch T.V. programmes. She said that as an elder her opinion is still given importance though she is old enough. According to her, to have good family adjustment' good understanding and respect towards each other's opinion is very important.



**Case Study (4):** 69 years old Mrs. P was a nurse in a civil hospital. She lives in a village with her husband in their own house. She has three daughters and all of them were married and lives in different places with their husbands. Mrs. P's husband was a contractor. Now, he keeps himself busy doing household activities and taking care of their 5 *bighas* of land. Mrs. P said that her three daughters are happy in their married life and the relationship between them is satisfactory. She also said that they were happy because their daughters are happy in their life and they did not have any complaints. Mrs. P and her husband do not have any major health problems. They managed their household expenditures and financial problems themselves. Her pension and agricultural production in 5 *bighas* of land (with the help of others) help them to overcome their financial problem. She said that whatever we have earned is sufficient for us. Mrs. P also sometimes looks after the patients of her village as she was also a nurse. She said that we are enjoying our old age life.

**Case Study (5):** 72 years old Mrs. S was a lecturer in a college. She lives in a joint family with her husband. She has no children. She said that as we live in a joint family, so she treated his nephews like her own children and looks after them. Mrs. S was of the view that 'we should not be self-centered or selfish basically in economic matters.' In old age, to live peacefully and to have good family adjustment one should co-operate with each other and be honest towards each other. She said that she is happy in her joint family because her family members have taken care of her. For her, we should not expect much from our family members, because, everybody has their own problems. To her, adjustment, mutual understanding, and respect towards each other's opinions are some of the key ingredients to have a good family adjustment in old age.

**Case Study (6):** Mrs. F was a clerk at State Bank. She is 70 years old. Her husband died 10 years ago. She has one daughter and she is got married. Mrs. F lives with her daughter's family. Mrs. F wanted to live alone. But her daughter and son-in-law cares for

her a lot and did not allow her to live alone. Mrs. F keeps herself busy doing household works and taking care of her small grandchildren. She is also a member of a voluntary organization that works for the welfare of women. She always goes for a morning walk with her grandchildren. Mrs. F's daughter and son-in-law also help her in doing household activities. They all together take food and watch T.V programmes and enjoy several moments together. Mrs. F was of the opinion that in old age we should prepare ourselves to adjust to the changing situation and should try to engage ourselves busy in such activities where we are interested in.

**Case Study (7):** Mrs. U is 69 years old. She lives with her husband and one married son. After sixty, she is busy with household activities. Her son has a business. Mrs. U was of the view that in old age we must engage ourselves in various activities. This will help us to free from unnecessary mental tensions. He said that one should save money from his/her service period to have good family adjustment. Because she believes that most of the conflicts that take place in the families are due to some economic matters. Mrs. U was of the opinion that in old age to have good family adjustment an aged people should be economically independent and have the capacity to contribute money in household expenditure.

**Case Study (8):** Mrs. L was a senior lecturer in a college. She lives with her husband in their own house. They do not have children. Her husband had looked after their family business. But now his nephews are matured enough and they look after their family business. Mrs. L manages their household matters through her pension and earlier savings in the bank account. Mrs. L was of the view that sometimes they feel very lonely as they do not have any children. But her husband is a very supportive man. She said that they are enjoying their life of old age by cooperating and understanding each other. Though they live alone, they have a very good relationship with their relatives. Mrs. L was of the view that mutual understanding is a very essential element to have good family adjustment.

**Case Study (9):** Mrs. N is 73 years old. She became a member of a voluntary organization and engages himself in some other social welfare activities. She was of the opinion that she had planned earlier what she would do in old age. For her, proper planning is important to adjust oneself in old age, because, one's mental satisfaction in old age helps to have good family adjustment. For her, keeping oneself busy in various activities helps the old people to be free from various mental depressions.

**Case Study (10):** Mrs. G, 65 years old women was a nurse in a civil hospital. She lives with her husband. She has three sons and all of them were married. They live in another place with their families. Her husband was a clerk in a college. They run their expenditures through her pension and their savings in the bank. Mrs. G was of the view that in old age people should never expect much from their children. Because in this complicated world everyone has to struggle hard for their bright futures. She said that we do not expect much from our sons and it is not in a negative sense. It is in the sense that they are married and they have their own problems. She said that in their old age, they (husband and herself) give mental support to each other. They also give support to other elderly people who are mentally depressed. She was of the opinion that to have good family adjustment one should have the capacity to understand others' feelings and problems. A positive attitude towards each other is very necessary for the maintenance of good family relations.

### **7.3. A: Findings:**

The above 10 case studies reveal the following findings –

- 1) In old age, to have good family adjustment one should develop mutual understanding with other family members. Because it will help to develop cooperation and respect among the family members.

- 2) Elderly people should not expect much from their children, because it creates misunderstanding and frequent conflicts with the children. It leads to mental dissatisfaction.
- 3) In old age, one must aware of physical fitness. Poor health creates mental depression and this leads to frequent conflicts among the family members. As a result, good family adjustment maintenance of one's health status is also very necessary.
- 4) Economically independence is necessary to have good family adjustment. Those able to contribute to the household expenses after the age 60 they are better adjusted in the family.
- 5) Positive and respective attitudes towards family members, avoidance of conservative attitude, giving respect to others' opinion, avoidance of superiority or inferiority complexes are some of the elements that will help to have a good family adjustment in old age.

#### **7.4: Summary and Conclusion:**

In this chapter, an attempt has been made to find out the correlates of good adjustment from the respondent's perspectives. Case studies had been conducted on the aged who considered being well adjusted and maintaining a happy life at the age of sixty and above.

Case studies had been conducted on ten numbers of elderly who were able to maintain physical and mental health at the age of 60+ in spite of poor economic conditions. In their opinion, it is revealed that walking, good and routinized food habits, keeping oneself busy with different physical activities, the habit of light exercise, keeping oneself away from bad habits such as drinking alcohol, cigarettes, etc. are necessary to maintain good health for a long time. One should develop these habits from early life. For mental health one should have belief in an almighty God and not to take too much tension. One should feel that retired life is the best year of life because one gets enough

time for the activities they were interested in. To free oneself from isolation one must be busy with any activities which are creative and interesting.

A case study had been conducted on another ten numbers of elderly people, who were able to maintain good economic adjustment, in spite of lower income in their pre-retirement occupation. The case study revealed that one should develop the habit of saving and cutting down on the unnecessary expenditure from his early life and try to keep oneself busy with income generating activities.

Again, a Case study had also been conducted on the elderly (10 nos.) who were able to maintain a mutual family relationship with their members and have a very satisfactory relationship. Proper planning of leisure time to makes ones happy and the plan should be made before attaining the age. For good adjustment in the family, one should be honest and give respect to the thinking and opinion of all the members of the family. One should not have too much expectation from the family members and this will give mental dissatisfaction and which is negatively correlated with the family relation.

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